

# Ironman IFT 1000 Infrared Therapy Inversion Table

In the event that you are trying to reduce back strain and exhaustion, but raise your blood flow, and inversion table is that which you'll need. An inversion table will add to your own body's general well-being through the optimization of lumbar traction. This can significantly alleviate pressure in your vertebrae disks and ligaments allowing your back to relax. Inversion tables can also be proven to assist with raising body flexibility for improved well-being and standard of living. The Ironman IFT 1000 infrared therapy inversion table is a ground-breaking home add-on that lots of consumers are ranting and raving about.



The IFT 1000 can integrate conventional inversion with Infrared Therapy. The product uses sophisticated heat technology to give you numerous well-being and healing advantages. The tables technology has built in, ultra-thin carbon fiber heating elements. these components create a soothing heat to help in providing temporary relief from any muscle pain or pull. Ironman makes note that so that you can have the most benefits from your table, just rest the body from the 1-inch-thick foam backrest, slip your feet into the ergonomically molded ankle cushions, and reach your arms over your face. As your arms go up, your body slowly inverts as much as a total 180 degrees. When you do get into an inverted location it is possible to alter the temperature to your own desired setting with all the suitable and operator friendly remote control. Heat therapy has enormous health care benefits.

The IFT 1000 contains a tough rubber non skid floor stabilizers to supply maximum stability to its users while inverted. Ironman additionally integrates extra-long safety handles to aid in supplying security when an individual is returning with their vertical posture. There's also a net pocket for remote storage. The IFT 1000 is rated to support up to 300 pounds. Its ergonomic design causes it to be an easy task to fold up for efficient storage and manoeuvrability. This table can comfortably adapt users between 4 feet 9 inches and 6 feet 6 inches.

## **Essential Characteristics of the IFT 1000:**

- Complex FIR heat technology which is groundbreaking in its group, and not found in most other competitions lineups.
- Really thin carbon fiber heating elements are moulded to the backrest to aid soothe muscle tissue and make relaxation.
- Is proactive in decreasing your back pain and exhaustion so that one can lead a much better life. The IFT 1000 can also be proven to boost the circulation of blood.
- Can quickly invert to 180 degrees.
- Comfortably supports up to 350 pounds.
- Foldaway technology allows for simple storage
- Normal extra-long safety handles are there for additional support when needed.
- Net pocket that acts as storage.

## **Closing Idea:**

Overall, I used to be really impressed with the merchandise. After examining the IFT 1000 and comparing it to similar versions, I will state that this can be most likely among the most effective inversion tables in the marketplace today. In the event you are taking into consideration the purchase of an [inversion table reviews](#) you better check this product out! Great price to get an excellent piece of gear!

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